Topped with chimichurri

Ditch the BBQ sauce and top your sizzling sirloin with Argentinian chimichurri instead PAGE 18

BETTER TOGETHER?

- Meaghan Benfeito of Montreal and Roseline Filion of Laval, Que., won a synchronized diving bronze medal in London. Now they'll go at it alone as the 10-metre platform competition gets underway at 2 p.m. on OLN
- All-American girls: No matter what, the women's beach volleyball gold medal will go to the U.S. Find out what else you can't miss today PAGE 22

OTTAWA metro®

Wednesday, August 8, 2012

News worth sharing.

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LAID BACK VICTORY

Canada's Derek Drouin leaps to a bronze medal in the men's high-jump final at the Olympic Stadium in London on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

Missing man's phone records show calls made

Disappearance. Mother claims the person her son phoned several times the day he went missing keeps changing his story

JOE LOFARO
joe.lofaro@metronews.ca

The mother of a missing Ottawa man says someone who spoke with her son the day he disappeared isn't telling the truth about what happened.

Fouad Nayel, 29, went missing June 17 after he told friends he was going to Petawawa for a few hours. He never returned and his car has not been found.

Nicole Nayel said her husband checked Fouad's cellphone records and found a phone number their son dialled at least five times the morning of June 17.

Nayel said she called the number in the first week her son went missing and her husband made a follow-up phone call later.

"I noticed a few phone calls made to this person so I tried to call this person," she said.

"I asked if he saw Fouad or heard from Fouad and he said, 'Ya, I tried to call him once.'"

But that doesn't match up to the phone records for the cellphone, which is in Fouad's father's name, said Nayel.

"The second thing is, even my husband, when he tried to tell him and he denied again and he told him another story that he was going to pick (Fouad) up and go somewhere with him."

"The story kept on changing."

Nayel said she passed all of this information to the police, but doesn't know what they are doing with it.

Staff Sgt. Dana Reynolds said police will resume interviewing people this week, but would not elaborate.

None are suspects at this point, she said, but interviewees would include "anybody that may have any information, whether they knew him personally or not."

She said police are following up on all tips they receive.

Tipping point for trucks?

The latest truck to have a crash downtown fuels argument that truck traffic should be rerouted PAGE 4

All eyes on paragliders

Questions are raised about new methods of launching terror attacks and the intention of two men arrested in Spain PAGE 6

Stay for less at residence

To sleep for cheap, discover the top five universities across the country to book a room at this summer PAGE 12

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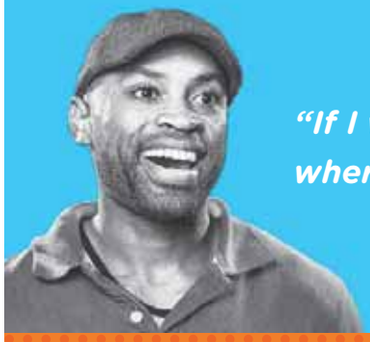

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Children taken to hospital from Calypso Waterpark

Water tested. Kids treated for possible chlorine exposure, but levels normal, park, health officials say

JESSICA SMITH
jessica.smith@metronews.ca

Paramedics took 13 children to CHEO from Calypso Waterpark on Tuesday afternoon after they were swimming in the wave pool and suddenly began complaining of a strong chlorine smell, paramedics said.

Paramedic spokesman J.P. Trottier said about 20 children aged four to 14 were in a pool at the waterpark and began complaining about a strong smell of chlorine.

Three of the children suffered nausea and vomiting and all 13 experienced upper airway irritation, which involves sore throat and coughing, he said.

"The symptoms are fairly minor," he said. "But we're dealing with chlorine and we're dealing with children, so it was a good idea to have them checked out at CHEO. Chlorine can be a little bit dangerous, depending on the concentration."

Chlorine is very caustic and can cause long-term respiratory problems, he said.

Ginette Robert, marketing vice-president for Calypso, said the wave pool was shut down, the water tested and the levels found to be low enough to reopen the pool with permission of officials from the Ontario Ministry of Health.

"The water is as it should be, so there's no problem with the water," she said.

Robert said there were 500 to 700 people in the pool at the time and only 13 of them took ill.

A spokesperson for CHEO said the children were treated for presumed exposure to chlorine. Their symptoms included vomiting and respiratory distress.

Most of the children had been sent home after a couple of hours and the rest were expected to be released later in the day, the spokesperson said.

Follow Jessica Smith on Twitter @jessiecatherine

The Calypso Waterpark wave pool seen in this June 2011 photo from atop the Summit Tower waterslide.
JOE LOFARO/METRO

Service dogs' bark as big as cross-Canada bike

Michel Garant and his service dog Mollo out for a bike ride on May 12.
CONTRIBUTED BY MICHEL CLOUTIER

Michel Garant will ride his strong-arm bike through Ottawa on Wednesday as part of an 83-city tour dedicated to raising awareness of the importance of service dogs for people with visual and motor disabilities.

He will be the first paraplegic to bike across Canada for a cause, organizers of the ride say.

Garant, 55, was paralyzed from the chest down in 2004.

"He was snowboarding in Mont-Sainte-Anne and, for some reason, he hit one of his companions on the slope and he was projected (onto a) tree," said Michel Cloutier, communication officer for Garant.

Initially, Garant found it difficult to cope. He previously worked as a contractor and led a very active lifestyle, said Cloutier.

In 2010, the Mira Foundation gave Garant a service dog named Mollo to help with his everyday needs, like pushing his wheelchair and picking things up for him.

Mollo also offers Garant companionship and his family a sense of security and peace of mind when they are not around, said Cloutier.

The Mira Foundation is a non-profit organization that receives no government funding and depends entirely on fundraising events and donations.

Each dog represents an investment of $30,000 and is given free of charge.

Garant and Mollo will be at Confederation Park on Wednesday at 10 a.m.

JESSICA BEDDAOUI/FOR METRO

SMEN 1

Mobile news

More than a thousand volunteers turned themselves into human dominoes and toppled into the record books. Scan the code to watch the bizarre event.

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Will this be the tipping point for trucks downtown?

Latest incident sparks calls for new bridge.

East Ottawa residents remain opposed

JESSICA SMITH
jessica.smith@metronews.ca

A tipped transport on Cumberland Street Tuesday morning shows truck traffic should be routed away from downtown, a citizens group argues.

The semi, a Ryder rental carrying a China Shipping container, turned over before 8:30 a.m.

The driver declined to give his name but said he was driving on a construction detour from Besserer Street onto Cumberland, heading for Rideau Street when the truck tipped.

He said he wasn't driving too fast and believes the truck's suspension is to blame. He was uninjured.

Commission decision

The National Capital Commission is expected to make a decision next year concerning which of three possible eastern bridge routes it supports.

The King Edward Task Force has been lobbying for a new interprovincial bridge to keep truck traffic away from the area for more than 25 years.

"It could have potentially flipped onto pedestrians on the sidewalk. It could have potentially flipped onto other cars," said co-chair Nathan Davis.

The task force says a new bridge could help trucks take a safer, easier route and avoid downtown, but many people who live in eastern Ottawa oppose the idea.

Follow Jessica Smith on Twitter @jessiecatherine

Workers survey an overturned tractor trailer on Cumberland Street. JESSICA SMITH/METRO

Traffic violations

Cops step up cellphone effort

In just three hours, traffic officers issued 39 tickets for cellphone infractions during a cellphone blitz that took place last Wednesday, Thursday and Friday. The blitz, between 1:30 p.m. and 2:30 p.m. at three different intersections in east Ottawa, was part of the city's Selective Traffic Enforcement Program (STEP). Many tickets went to drivers caught with a phone on their lap, texting while stopped at a red light or using their speakerphone improperly. A first offence will net a $155 fine.

JESSICA BEDDAOUI/FOR METRO

City hall

Mayor resting after surgery

Mayor Jim Watson is recovering from squamous cell skin-cancer surgery on Tuesday but he expects to return to work on Wednesday. His press secretary, Ryan Kennery, said Watson was resting at home and there were no complications. Watson was treated for the same cancer in 2007.

JOE LOFARO/METRO

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Ashiqur Rahman is seen through a door at Nova Scotia Supreme Court last year. METRO FILE

Six years in jail for the death of baby Aurora

Contrite father is sentenced. Child had 27 rib fractures and suffered 'injuries to every long bone in her body,' Crown says

JENNIFER TAPLIN
Metro in Halifax

Shortly before his sentence was read, Ashiqur Rahman maintained his innocence in the death of his seven-week-old daughter.

"I have been and will always be sorry for failing to save my daughter," he told a Halifax court.

He was found guilty of manslaughter and aggravated assault in June for slapping, shaking and tossing the baby.

On Tuesday at the Nova Scotia Supreme Court, Judge Felix Cacchione sentenced Rahman to six years and six months for the manslaughter of Aurora Breakthrough in July 2009.

Rahman was given double credit for the time he spent in pretrial custody, which equals two years and three months.

The Crown was looking for at least 10 years, arguing at least five separate incidents of assault meant a pattern of aggression.

But Cacchione said he believed each outburst was a spontaneous loss of control.

Cacchione said Rahman, who was 23 at the time of his daughter's death, was immature, selfish and was driven by a desire to become a successful businessman — which clouded his ability to be compassionate and caring.

"He's an intelligent and capable young man and will be punished for what he did," Cacchione said.

No appeal

Although it's not the sentence she recommended, Crown attorney Denise Smith said it's in the range given out in similar cases and she does not intend to file an appeal.

Dark Knight drama

Batman patron had gun, knives

A Cleveland-area man has been arrested for carrying a gun, ammunition and several knives into a showing of the The Dark Knight Rises.

Police in Westlake, Ohio, say a manager was suspicious of the man and his satchel when he entered the theatre for the Batman movie.

Reports say the manager and an off-duty police officer searched the bag and found the weapons.

THE ASSOCIATED PRESS

Mexico murder. One apartment, two expats found dead years apart

Authorities are releasing more details about the horrific death of yet another Canadian while on vacation in Mexico.

The latest victim — identified as Duane Joseph Lang, 46, of Regina — was stabbed 23 times in an apartment in Puerto Vallarta, police said Tuesday.

And they said another expat was found dead in the same apartment a few years ago.

"A few years ago the landlord went through a similar experience with another tenant," said Puerto Vallarta police spokesperson Adan Leyva.

An autopsy determined that Lang had been dead for 48-72 hours, said Andres Zuniga, a spokesperson at the Jalisco Forensic Science Institute.

The landlord "found blood spattered everywhere, things all over the place, a knife, and ... called the police," said Leyva. THE ASSOCIATED PRESS

West Africa

Ottawa pledging millions in relief

The federal government says it will match Canadians' donations to a fund for humanitarian aid in West Africa's Sahel region, which has been rocked by famine and political unrest.
THE CANADIAN PRESS

Mars

Rover transmits first colour images

NASA's Curiosity rover has transmitted its first colour photo and a video showing 2 1/2 minutes of its dive through the Martian atmosphere, giving a sneak peek of a spacecraft landing on another world.
THE ASSOCIATED PRESS

The first colour view of the north wall and rim of Gale Crater where NASA's rover Curiosity landed Sunday. NASA/THE ASSOCIATED PRESS

Germany

Civilian accused of stealing data

A 60-year-old civilian who worked at NATO's air command headquarters in Germany has been charged with stealing secret data. The employee is alleged to have obtained the data and transferred it to his computer. THE ASSOCIATED PRESS

Arizona

Shooting suspect pleads guilty

The suspect in a mass shooting that left a U.S. congresswoman wounded has pleaded guilty to going on the rampage that killed six other people.

Jared Lee Loughner's plea Tuesday allows him to avoid the death penalty in a shooting that gained worldwide attention in January 2011 because his intended target was Rep. Gabrielle Giffords.

A judge ruled on Tuesday that months of forcibly medicating Loughner to treat his schizophrenia made him competent to understand the gravity of the charges. He is expected to be sentenced to life in prison.
THE ASSOCIATED PRESS

Arrests put paragliding in spotlight

Terror from the sky?
Suspects allegedly took lessons, planned to launch aerial attacks

The history of terror plots is filled with unusual schemes, from an underwear bomber to model planes filled with explosives — showing how would-be attackers are constantly hatching ideas to catch authorities by surprise. Now questions are being raised about whether two Russians held on terror charges in Spain were planning to launch airborne attacks on paragliders.

The two Russians took paragliding lessons this year in a southern Spanish region renowned for the sport, authorities said over the weekend. A Turkish engineer also under arrest paid for the lessons.

Spain's Interior Ministry declined comment on whether investigators believe Eldar Magomedov and Mohamed Ankari Adamov were using the paragliding lessons to train for an attack. But analysts said the allegation in court paperwork that they took the lessons is almost certainly a key line of investigation.

No attacks have been carried out using paragliders, experts said.
THE ASSOCIATED PRESS

Quoted

"Terrorism is a full-time occupation, you don't pursue hobbies on the side."

Magnus Ranstorp, a terror expert at the Swedish National Defence College

Paragliding in Europe

There are no criminal background checks for would-be paragliders.

- Students only have to be physically fit and able to speak the language of the country where the courses are taught.
- Europe has at least 100,000 licensed paragliders.

South Africa wakes up to a winter wonderland

People react as a rare snow fall hits Johannesburg on Tuesday. Temperatures dropped to below freezing Tuesday morning as snow flurries blew through South Africa's commercial hub, dusting the city in white as residents poured into the streets to watch the snowflakes fall. The South African Weather Service has warned that extreme cold will blanket much of the nation over the next few days, which remains in winter.
JON GAMBRELL/THE ASSOCIATED PRESS

Congo. Oxfam says hundreds killed, raped

With Congo's army diverted to fighting a new rebel group, new militia groups have arisen and older ones are reasserting themselves, killing hundreds of civilians, the British charity Oxfam said Tuesday.

U.S. Secretary of State Hillary Rodham Clinton called the violence "a serious threat to regional security and stability."
THE ASSOCIATED PRESS

Israel. Blurry glasses keep women out of sight

It's the latest prescription for extreme ultra-Orthodox Jewish men who shun contact with the opposite sex: Glasses that blur their vision, so they don't have to see women they consider to be immodestly dressed.

Their interpretation of Jewish law forbids contact between men and women who are not married.
THE ASSOCIATED PRESS

Fewer fly Air Canada in July, WestJet on top

Air traffic. Losses expected to continue for Air Canada when it reports third-quarter results on Wednesday

Air Canada workers talk at Pearson International Airport in Toronto on Thursday. NATHAN DENETTE/THE CANADIAN PRESS

Air Canada saw a greater percentage of empty seats on its flights last month compared with a year ago as traffic on Canada's largest airline slipped more than it cut capacity.

The Montreal-based company reported Tuesday that its system load factor for July was 85.9 per cent, down from 86.4 per cent a year ago.

In contrast, Calgary-based rival WestJet Airlines posted a record load factor in July, with improvements in all key performance measures compared with July 2011.

Air Canada's lower load factor came as traffic fell 1.1 per cent and capacity was cut 0.5 per cent compared with a year ago.

Still, the result was "close to last year's record load factor for the same month and underscores our continued disciplined approach to managing capacity," Air Canada president and chief executive Calin Rovinescu said.

Air Canada said the load factor on its U.S. and transatlantic flights dropped to 80.1 per cent and 87.5 per cent respectively, down from 81.2 per cent and 89.5 per cent. Domestic flights improved their load factor to 84 per cent, up from 83.1 per cent a year ago, while flights across the Pacific improved to 91.5 per cent from 91.2 per cent.

THE CANADIAN PRESS

Health care. Pfizer pays $60M in bribery settlement

Pfizer has agreed to pay the federal government $60 million US to settle allegations that its employees bribed doctors and other foreign officials in Europe and Asia to win business and boost sales.

The Securities and Exchange Commission said Tuesday that Pfizer's overseas subsidiaries made illegal payments to health-care workers in China, Italy, Russia, Croatia and other Eastern European countries. As early as 2001, Pfizer sales representatives tried to conceal the bribes by recording them as legitimate business expenses.

"Pfizer subsidiaries in several countries had bribery so entwined in their sales culture that they offered points and bonus programs to improperly reward foreign officials," said Kara Brockmeyer, chief of SEC's foreign enforcement division. THE ASSOCIATED PRESS

Market Minute

DOLLAR
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OIL
$93.67 US (+$1.47)

GOLD
$1,612.80 US (-$3.40)

Natural gas: $2.964 US (+5.6¢)
Dow Jones: 13,168.60 (+51.09)

Apple

iPhones, iPads to ditch YouTube app

Apple says the next version of its software for the iPhone and iPad won't come with a pre-installed YouTube application.

Users will be able to play YouTube videos in the Web browser, says Apple spokeswoman Trudy Muller. YouTube-owner Google is also working on a downloadable app, she says.

Muller says Apple Inc.'s licence to include the YouTube app has expired, but did not explain why it hasn't been extended.

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OPPRESSION IN BELARUS MAKES FOR A GOOD CHILD'S FABLE

JUST SAYIN'
Paul Sullivan
metronews.ca/voices/just-saying

I had this great idea for a children's book.

The Dark Lord rules over a country far away. He is very powerful and prevents anyone from speaking out against his government, even though the economy is a mess and the living standard is low. A group called Reporters Without Borders ranks this sad country 154th out of 178 countries in its Press Freedom Index.

After I penned a story

Imagine my distress when I find out that my story, which is going to allow me to replace J.K. Rowling at the top of the list of Fabulously Wealthy Children's Authors, really happened!

One day, good blond people from a magic land hear about the human-rights abuses of the Dark Lord, including the death of a human-rights activist, and decide to take action. They fly a small plane into the Dark Lord's domain and parachute 1,000 teddy bears calling for free speech, and then escape untouched.

When the Dark Lord finds out, he gets very angry and fires his generals, who did nothing, despite boasting of a sophisticated defence system fuelled by treasure that should go to hungry children. But the damage is done. Everyone is laughing at the Dark Lord, who can't even stop an invasion of teddy bears. His mojo is toast.

Imagine my distress when I find out that my story, which is going to allow me to replace J.K. Rowling at the top of the list of Fabulously Wealthy Children's Authors, really happened! And it's still happening.

The Dark Lord, also known as Alexander Lukashenko, the president of Belarus, has expelled the ambassador of the good people, who are in reality employees of a Swedish ad agency. They thought the Teddy Bear Invasion would be a good way to get Belarusian oppression of human rights on the news agenda.

It worked. It doesn't hurt that Teddy Bear Terrorists Tomas Mazetti and Hannah Frey look like Swedish movie stars and the teddies are pretty darn cute too, with their little parachutes and placards.

Of course, because this is real life and not a child's fable, everyone is definitely not living happily ever after. Lukashenko is arresting anyone who dares to smile, and, meanwhile, the jails are full of human-rights activists and former presidential candidates.

Still, you have to admire the Swedish protest and its simple, child-like charm. In a country where protesters have been arrested just for clapping or ringing their cellphones in unison, you need to be creative to tell a modern story of brutal, systematic oppression.

I know I'm inspired — I'm just about finished the New Adventures of Delta Force Teddy, in which the bears fly to North Korea to infiltrate Kim Jong-un's bedroom to discover the identity of the mystery lady who suddenly turned up at his side.

Stay tuned.

Tomas Mazetti and Hannah Frey show a teddy bear on a parachute as they pose for a photo in Berlin recently. The slogan on the paper fixed to the bear reads: "We support the Belarusian struggle for free speech."
GERO BRELOER/THE ASSOCIATED PRESS

A turtle is born ... from plastic

ACT4.CO/SOLENT

Up-cycled art

Brilliant sculpture made from trash

This enchanting turtle floating in deep azure blue sea is truly unreal — in fact the creature is made entirely from discarded and reclaimed household objects.

Artist Sayaka Ganz's stunning sculptures — which also include a whale, fish, dog and an albatross — measure from half a metre to two and a half metres.

METRO

A knack for recycling

- **Plastic passion.** Ganz sorts everything plastic — from sunglasses and cutlery to baskets and cooking utensils — into 20 colour groups in her basement. "I have been collecting plastic objects for four years now, and I have about 20 bins of colour-sorted plastics," she said. Some of her items are found in garbage cans, some in charity shops and the rest are donated by friends and relatives.
- **Japanese philosophy at heart.** Despite now working in Fort Wayne, Ind., Ganz keeps the traditions from her childhood homeland close to her art: "Japanese Shinto beliefs are such that all objects and organisms have spirits, and I was taught in kindergarten that objects that are discarded before their time weep at night inside the trash bin." She added: "My goal is for each object to transcend its origin by being integrated into an animal/organic forms that are alive and in motion."

Artist Sayaka Ganz, 35, hails from Yokohama, Japan.
CONTRIBUTED

Metropolitan Panel

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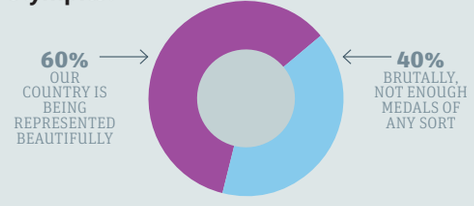
How do you feel Canada is faring in the Olympics?



Twitter

@victoriairel: Canada's womens soccer is being investigated by FIFA and disciplinary action may be in order. #sorelosers #goforbronze!

@doctorfullerton: FIFA: Instead of defending your official, take a long look at the accountability of your referee system. #LONDON2012

@ChrisGZuger: Another reason why FIFA no longer has legitimacy. Why don't they just fold or admit to being fake? WWE Did it.

@QueenDarcie: #FIFA investigation? Really? Seriously? Enter the bureaucratic BS.....kills everything good.

@RbugOfficial: FIFA Is investigating the Canadian womens team for comments made to the ref after the game..... LOL

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WHICH ONE OF THE 7 MISTAKES WILL YOU MAKE WHEN BUYING U.S. REAL ESTATE?

Canada's Foremost U.S. Real Estate Expert, Steve Martel Presents:

Well, I tried to re-invent the wheel for few weeks until I realized that Steve Martel was there. So I realized that by having somebody who has done all the leg work before. It just speeds up the entire process.

Matthew

He has a very approachable personality. It is not like "I am here and you are just a lowly person". He seems relaxed, he makes jokes, and he goes over the information more than once and answers questions readily.

Whitney

I have done as much research as I could on my own, but nothing as intense as what I just experienced. Lots of info that I don't know how I would have found out other than by making the mistakes and finding out the hard way.

Chris

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SCENE 2

Jeremy Renner takes over leading man role in the latest Bourne flick. HANDOUT

The Jason Bourne facsimile

Damon relinquishes role. Renner picks up the lead in secret-agent thriller but it's not the first time Bourne has seen changes

IN FOCUS
Richard Crouse
scene@metronews.ca

Writer Robert Ludlum died a year before Jason Bourne, his most famous character, was brought to life on the big screen by Matt Damon.

He didn't get to enjoy Damon's take on the action hero, but he did see another version of The Bourne Identity and the famous superspy.

The writer reportedly enjoyed the 1988 300-minute, two-part made-for-television movie of The Bourne Identity starring mini-series king Richard Chamberlain in the role Damon later made famous.

Despite a cheeseball love scene between Chamberlain and co-star Jaclyn Smith the TV special (now available on DVD) was a faithful adaptation of the first Bourne novel and even earned its lead actor a Golden Globe nomination.

These days Ludlum would be hard pressed to recognize his character, however.

He wrote the first three Bourne books but after his death the series was kept alive by writer Eric Van Lustbader, who has made slight, but noticeable changes to the character over the course of seven subsequent novels.

Quote

"Damon didn't want to return to the franchise but the studio still wanted another Bourne movie."

Moviegoers may also find themselves a tad confused this weekend when Jeremy Renner takes over the lead from Damon in The Bourne Legacy. Renner, who beat out Jake Gyllenhaal, Michael Fassbender, Taylor Kitsch and Josh Hartnett for the gig, isn't playing Jason Bourne, but a reasonable facsimile — a trained assassin brainwashed into taking part in covert government activities.

In Hollywood they call that expanding "the franchise mythology."

In other words, Damon didn't want to return to the franchise but the studio still wanted another Bourne movie.

Ludlum's books — he wrote 23 thrillers with sales estimated between 290 to 500 million — have also provided the basis for several movies without the name Bourne in the title.

The Osterman Weekend is a confusing movie about a television journalist who becomes convinced his friends are a threat to national security. Ludlum apparently offered to rewrite the perplexing script at no charge, but was rejected by the movie's producers.

The result is an entertaining mess the New York Times said, "has a kind of hallucinatory craziness to it."

More troubles

The Holcroft Covenant was another troubled production.

- **Unhappy.** Star James Caan walked out the day before filming was to begin, unhappy with the script. His replacement, Michael Caine, carries the espionage story, but the action scenes are more entertaining than the spy story.
- **Another movie.** In development is the Chancellor Manuscript, Ludlum's story about J. Edgar Hoover's alleged "secret files." Leonardo DiCaprio is rumored to be in talks to star.

On the web

Madonna hopes for release of Russian rockers facing trial over punk prayer against Putin

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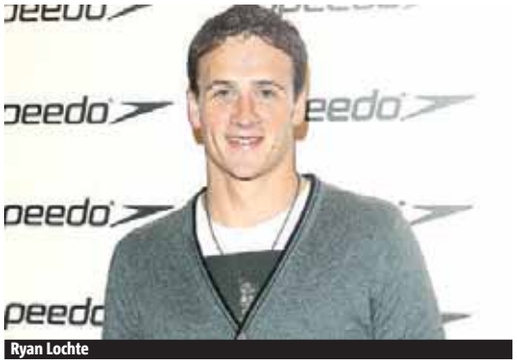

Ryan Lochte

Olympic swimmer crushing on Lively

New U.S. Olympic swimming star Ryan Lochte knows what he likes when it comes to famous women. When asked by CNN's Piers Morgan what famous woman he would choose to spend the rest of his life with, Lochte responded, "Uh, right now, Blake Lively. She is gorgeous." And Lochte says he wouldn't let Lively's boyfriend, Ryan Reynolds, stand in his way if he were to meet her. "I would be like, 'Hi.' I'd be like, 'You want to go to an island with me?'" he said.

Russell Brand

Brand still fighting the addiction disease

Despite 10 years of being clean and sober, Russell Brand still knows the pull of addiction. In a scene from his upcoming BBC documentary on the subject, Brand watches footage of his younger self doing drugs and is surprised by his reaction. "This is when you know it's a disease. It doesn't matter that I was in that flat in Hackney and now I'm in the Savoy. I'm jealous of me then," he says, according to the Daily Mail. "It doesn't make a difference to me. The money, the fame, the power, the sex, the women — none of it. I'd rather be a drug addict."

Twitter

@NathanFillion
How's your handshake? You sure? Is it too hard? Do you pinch? People think they have it right, but don't. Seriously- check.

@Joan_Rivers
Ryan Lochte admits that he urinated in the water at the Olympics. Apparently he saw a sign that said "warm-up pool", so he did.

@kirstiealley
Ya just gotta love love..let's all OD on it... night y'all .. Love, from paradise

@SteveMartinToGo
Using tiny but powerful hotel hair dryer to jet me around room in St. Paul. Fun.

The Word

Posh Spice doesn't come cheap

THE WORD
Monica Weymouth
scene@metronews.ca

Forget the opening ceremony — the Spice Girls are reuniting for a performance at the Olympics' closing ceremony.

Unfortunately though, things don't always go smoothly when five washed-up pop stars try to squeeze back into their platform sneakers.

It seems Victoria Beckham — or, as we never stopped calling her, Posh Spice — has some wardrobe requirements.

"They are paying at least $15,000 for Victoria Beckham's hair, makeup and stylist. In comparison, the other Spice Girls cost one-fourth of what Victoria is costing," a source tells Hollyscoop of the Olympic preparations.

"All of the diva stories about Victoria are true. This is p—ing off the other Spice Girls. They don't understand why she is getting special treatment."

Allow us to explain, ladies: It's because her name is Victoria Beckham, and she could purchase half the participating countries.

The magic's in the makeup

Gwen Stefani has always rocked a little June Cleaver along with her punky hair. Here is why your boyfriend/husband/cat would totally leave you for her tomorrow:

"I've always been a girl who loves to dress up," she tells Harper's Bazaar in the new issue. "I already put my makeup on twice today: I put it on to take my kid to school, and then I went home, washed my face, and put it on again. I like to make my husband like me more, and he likes it when I'm wearing makeup."

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On the Web

Eighties heart-throb turned travel writer Andrew McCarthy says Toronto is no longer dull

Top 5 universities you can crash at – for less – this summer

BY MAE GIFFORD
life@metronews.ca

5 universities to stay in

1 Ryerson University

Staying at Ryerson is cheap compared to downtown Toronto hotels. PROVIDED BY RYERSON UNIVERSITY

Price: $54 for a single bed with shared bathroom
Average price for hotel: $159
The reason to stay here is location, location, location. Situated around the corner from Yonge-Dundas Square in downtown Toronto, you're mere steps from theatres, the Eaton Centre and transit that can take you to the CN Tower. Each floor of the residence has a common lounge, kitchen and shared laundry facilities.

2 Dalhousie University

Guests at Dalhousie also get access to Dalplex, the university's athletic facility. FLICKR: BRENT EADES

Price: $31 for students, $47 for adults
Average price for hotel: $179
Located in the centre of activity in downtown Halifax, guests are close to many attractions including museums, restaurants and shopping. You'll also get free Wi-Fi and access to Dalplex, the school's athletic facility.

3 University of Prince Edward Island

Price: $53 for a single room, $69 for a double
Average price for hotel: $179
Minutes from downtown Charlottetown, guests who stay in the residence are treated to free parking as well as bed linen and towel exchange. Want to take a dip in the ocean? The beach is a 20-minute drive away.

Just 20 minutes from the beach, the University of Prince Edward Island also has free parking. HANDOUT

4 Carleton University

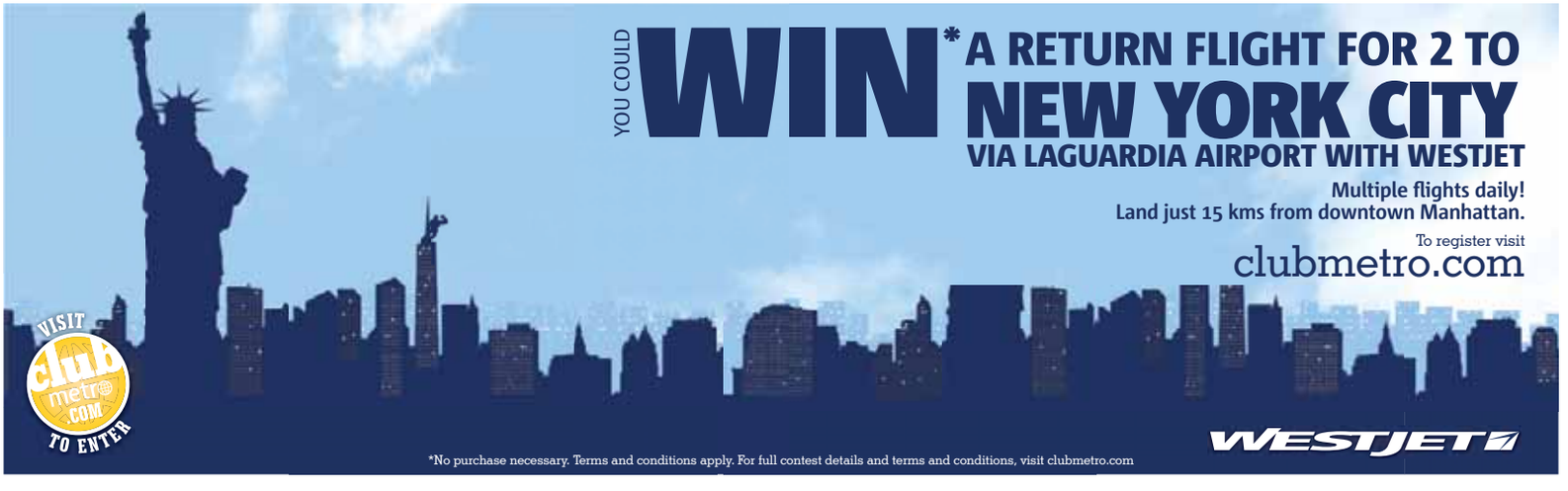
Price: $72.32 per person, includes taxes and all-you-can-eat buffet breakfast
Average price for hotel: $118
The nation's capital is popular during the summer and staying at Carleton is a great option for the budget-wise. Halfway between the airport and downtown, the school is close to shopping, galleries and museums. Guests who stay here also have access to the school's athletic facilities (including an Olympic-sized pool) for a small fee.

Carleton University can be a low-cost option for travellers visiting Ottawa. FLICKR: ERFANO

5 University of Victoria

Price: $47.20 for a single bed
Average price for hotel: $199
This picturesque city is a must-see for all Canadians, but staying near the inner harbour is pricey. The school is located about 20 minutes from downtown, and the price is right. The best part about staying here? They also throw in breakfast. Apartment-style units with four bedrooms and two bathrooms are also available for $160 per night.

The University of Victoria offers a variety of options, and includes breakfast. FLICKR: ALEJANDRO ERICKSON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Behold the future (maybe): Jetpacks are real

Featured on Jersey Shore. Made for hovering and flying over water, the JetLev is suddenly attracting a lot of attention

Jenna Lee didn't get as high as she wanted, and it wasn't for lack of trying.

In fact, the 23-year-old Brick Township, N.J., woman was perfectly sober as she tried to soar over the surface of Barnegat Bay.

She was using a JetLev, a mechanical contraption seemingly right out of The Jetsons that lets users hover above and fly over the surface of the water. It's become one of this summer's must-do attractions at the Jersey shore for anyone with $75.

First-time JetLev user Jenna Lee said she want to try the device again soon so she can do "a lot of messed-up stuff." WAYNE PERRY/ASSOCIATED PRESS

"It was awesome!" she exclaimed after her flight site over the bay near the Route 37 bridge in Ocean County.

The contraption gained some notoriety a few weeks ago when Jenny "JWoww" Farley of MTV's Jersey Shore tried one out.

Started in 2004 by Raymond Li, a Canadian, the JetLev went through years of testing and revision and hit the market a few months ago. Anthony Manasia, an employee of Jersey Shore Watercraft Rentals, which owns two of the devices, said they cost $100,000 apiece.

JetLev, based in Dania Beach, Fla., says it has about 100 units in use at 20 centres around the country.

The Berkeley, N.J., rental facility charges $130 for a half-hour flight, or $75 for 15 minutes.

The device resembles a backpack with handles and two powerful jet nozzles, connected by a long black hose to a 10-foot boat that trails behind the user in the water and forces water through the hose and out the nozzles, creating the lift that propels the wearer into the air. A supervisor on a nearby vessel controls the speed of the jets, and thus the height of the flier.

As most users do, Lee started out slowly. Once, she powered up at too steep an angle and was about to flip over backward, so Manasia, who was working the controls, cut the power, bringing her splashing down into the bay — which in itself was enjoyable, she said.

Manasia spoke instructions from a wireless microphone into a speaker in her helmet.

"As long as he's talking to you through the helmet, you'll get the feel of it," Lee said. "You definitely need to spend the first few minutes learning. It's not something you just hop on and go."

She's already making plans to fly again.

"I want to go up alongside the bridge, and do a lot of messed-up stuff," she said.

THE ASSOCIATED PRESS

JWoww approved

Actually, they've been around since 2004, but few people noticed before they appeared on Jersey Shore

- **Started by a Canadian.** Raymond Li in Dania Beach, Fla.
- **Not cheap.** About $100,000 to buy, but only $75 for 15 minutes.

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There's more to historic Tampa than just those sandy beaches

Hosting Republican Convention. From Cuban sandwiches to Greek sponge divers, the area is rich in culture and diversity

The Cheetah Hunt roller-coaster is a popular ride at Tampa's Busch Gardens amusement park and zoo. ASSOCIATED PRESS PHOTO

In a twist of irony, many of the visitors to August's Republican National Convention will travel between their hotels and the downtown event on a busy road named to honour President John F. Kennedy, who was very much a Democrat.

Kennedy Boulevard, a gateway to downtown from the west, was so named in 1964 partially because of a special connection between Tampa and the 35th U.S. president. Kennedy had waved to massive crowds lining that road from an open-topped Lincoln Continental on Nov. 18, 1963. The next time he rode in that car, four days later in a motorcade through downtown Dallas, he would be shot to death.

A statue of JFK now stands at the present site of the University of Tampa, looking out over his eponymous thoroughfare.

The Tampa-JFK connection is just part of Florida's rich presidential history. It includes Andrew Jackson's role as Florida's first territorial governor in Pensacola, Harry S. Truman's "Little White House" in Key West — the winter quarters hosted a total of total of six presidents — and the famous compound kept by the Kennedy family at Palm Beach.

After Kennedy became president, a secret bunker was installed in an island off the coast in case of a nuclear attack.

There's more in Tampa, too. A stone's throw away from Kennedy's statue is a grand structure topped with curiously ornate minarets that was once called the Tampa Bay Hotel. Built by railroad magnate Henry Plant, it was there that Roosevelt and members of the First United States Volunteer Cavalry — better known as the Rough Riders — bivouacked in 1898, before shipping out for Cuba and the Spanish-American War.

Today, the building houses a museum and is a centerpiece of the stately downtown University of Tampa campus.

In more modern history, as the Tampa Bay area grew up and Florida became a critical swing state, visits by sitting presidents have become relatively common, and Tampa has become a required campaign-trail stop for any candidate who hopes to win over the many swing voters here.

For visitors to the Aug. 27-30 convention, there is plenty more to take in.

Tampa's former Latin quarter, Ybor (EE-bor) City, adjacent to downtown, was for the first half of the last century the cigar manufacturing capital of the world, with more than

Quoted

"Every time they do a cut-away shot of the skyline of downtown Tampa or the Tampa Bay Times Forum, or show beauty shots of the beaches and the attractions, that's promoting the destination like we've never been able to promote it before."

Travis Claytor, spokesman for the area's tourism bureau.
Explaining how TV coverage of the convention will help sell Tampa as a destination.

Five places to see

1 JOSE MARTI PARK: While it's physically located in Tampa's historic Ybor City, this tiny park is really part of Cuba. Named after the revolutionary who helped oust the Spanish out of Cuba in 1900 who also spent time in Florida, the land was bought by a couple in the 1950s to honour the man himself. The couple gave the land to Cuba — but Fidel Castro took over the country a few years later. To this day, property records show that the owner of the 0.14-acre park is the "Cubano Estado," or "Cuban State."

Sunset Beach is one of the best in the Tampa area. ASSOCIATED PRESS PHOTO

2 TEDDY'S TAMPA: In 1898, before he was president, Col. Teddy Roosevelt once stayed in Tampa on his way to fight the Spanish-American War in Cuba. He and the First United States Volunteer Cavalry — also known as the Rough Riders — bivouacked and planned the invasion at the Tampa Bay Hotel, an ornate structure with silver minarets built by a railroad magnate. The building is now part of the campus of the University of Tampa.

3 MAFIA CEMETERY: Did you watch the movie Donnie Brasco? Remember how Donnie and Sonny Black met up with famed mobster Santo Trafficante Jr., the mafia boss of Florida and Cuba? In Tampa, you can see Trafficante's final resting place at the L'Unione Italiana Cemetery in Ybor City. Trafficante died in 1987 at a Houston hospital after a triple bypass.

4 SUNSET BEACH: Almost all of the Tampa-area beaches are located west of the city in Pinellas County, and all of them are gorgeous. But one of the nicest and most secluded is Sunset Beach, nestled at the tip of a small beach city named Treasure Island. There are few businesses on this part of the barrier island but it's mostly homes and condos.

5 ST. PETERSBURG WATERFRONT: Downtown Tampa is mostly concrete and steel, but across the bay is a kinder, gentler cityscape. You can stroll along parks and the waterfront between the historic, Mediterranean-revival Vinoy Renaissance Resort and Golf Club and the new, eye-popping Salvador Dali Museum. Pass by the Museum of Fine Arts, a marina, a yacht club and some gorgeous banyan trees. On nearby Beach Drive, cafes, bars and stores line the street.

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The main beach at Caladesi Island State Park, a barrier island along the Gulf of Mexico, on Florida's West Coast, offers warm turquoise waters and white sands. CRAIG LITTEN/ASSOCIATED PRESS

The Tampa Bay Times Forum, home of the NHL's Tampa Bay Lightning, will host the Republican National Convention on Aug. 27 to 30, 2012.. REINHOLD MATTAY/ASSOCIATED PRESS

200 factories once lining the narrow streets. That heritage is celebrated here, and still alive in the cigar shops mixed in among the bars and restaurants in what is now a bustling entertainment district.

In the so-called "Cigar City," aficionados can put fire to a fine stogie rolled minutes before right in the window of one those Ybor City shops.

Don't fancy a cigar? Then how about a Cuban sandwich? That's the other product that virtually synonymous with Tampa and is similarly interwoven into its history.

A staple of the early immigrant communities in Ybor City, the sandwich of ham, roasted pork, Swiss cheese, pickles and mustard on pressed Cuban bread remains a Tampa favourite, with many restaurants and sandwich shops claiming to have the best or most authentic version. (Like pizza, Cuban sandwiches are hardly ever bad, regardless of who makes them.)

The area is expected to benefit directly from the convention to the tune of around $175 million, according to the host committee, and down the road it will attract potential visitors from the millions of people watching it on TV around the world. The event will attract three times more media members than the Super Bowl, which Tampa has hosted four times.

"It's coverage that you can't buy," said Travis Claytor, spokesman for the area's tourism bureau. "Every time they do a cut-away shot of the skyline of downtown Tampa or the Tampa Bay Times Forum, or show beauty shots of the beaches and the attractions, that's promoting the destination like we've never been able to promote it before. This is an opportunity that has never come along before, and it's priceless, to be honest with you."

Tampa will be the focus for convention visitors, of course, with its big-city skyline, world-class aquarium, Busch Gardens theme park, Hard Rock Hotel & Casino, and the riverfront arena where all the convention floor action will take place. But the area is what it is — cool and cosmopolitan enough to attract Super Bowls, NCAA Final Four tournaments and now, a political convention — because of St. Petersburg, Clearwater and the rest of what is collectively known as "Tampa Bay."

Visitors will do themselves a disservice if they don't cross the bay and check out St. Petersburg's stunning waterfront downtown area, as well as the youthful vibe of Clearwater Beach. Some of the best white-sand beaches anywhere are close by, too. Two of them — Fort DeSoto Park and Caladesi Island — have topped the list from Stephen P. Leatherman, a Florida International University professor dubbed "Dr. Beach" for his annual rankings of the nation's best coastlines.

Just north of Clearwater is Tarpon Springs, a small town established by Greek immigrant sponge divers in the early 20th century whose descendants have worked hard to maintain the distinct Mediterranean flavour. The sponge docks now cater to tourists with a string of wonderful Greek restaurants, bakeries and gift shops.

"It was presented (to the RNC) as a complete area and all we have to offer," said convention host committee spokeswoman Aileen Rodriguez. "The community really came together to put the bid together and get it in. Now we're excited about showcasing the whole area to the guests who are coming into Tampa Bay."

Delegates and other visitors will be utilizing hotels on both sides of the bay, with a network of as many as 400 buses shuttling them to and from the Tampa Bay Times forum for the four nights of the convention.

THE ASSOCIATED PRESS

In the area

Many other communities around Tampa are also well worth a visit:

- **St. Petersburg**. A much more welcoming waterfront and downtown than Tampa's, and a number of great museums and galleries.
- **Clearwater.** Excellent beaches with a younger, hipper vibe.
- **Tarpon Springs.** Once a sponge fishing village founded by Greek immigrants, it's retains an Old World flavour.

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Spruce Meadows attracts Olympians, tourists

Rockie Mountain view. Three more major events still on tap this year at Calgary equestrian centre

It marked the beginning of the "Road to London" for Canada's equestrian team and attracts more than a half-million show jumping aficionados to the Calgary area each year.

Spruce Meadows is recognized as one of the world's top show jumping facilities and hosted its first equestrian tournament in 1976.

Located deep in the southwest corner of Calgary's city limits, the sprawling 146-hectare facility — with a striking view of the Rocky Mountains to the west — has the stable capacity for 1,000 horses.

It is a regular haunt of 2008 Olympic gold medalist Eric Lamaze, who, along with longtime stalwart Ian Millar, Mac Cone and Jill Henselwood, also won silver in the team event.

"It really does have that Olympic feeling and this year the 'Road to London' started here for the Canadians," said Spruce Meadows vice-president Ian Allison.

"We've been fortunate in our history that Canada's had some really big stars — Ian Millar, Eric Lamaze, Gail Greenough, Mario Deslauriers," he added.

"We're not always at the top of the game — just like Britain isn't always at the top of the game in tennis — but Wimbledon is still a big draw on the global scale and Spruce Meadows is sort of that ilk."

There are six major outdoor tournaments and eight indoor tournaments at Spruce Meadows annually. The summer series is the biggest draw and will come to an end with the Masters which runs from Sept. 5-9, just a few weeks after the Olympic athletes return home.

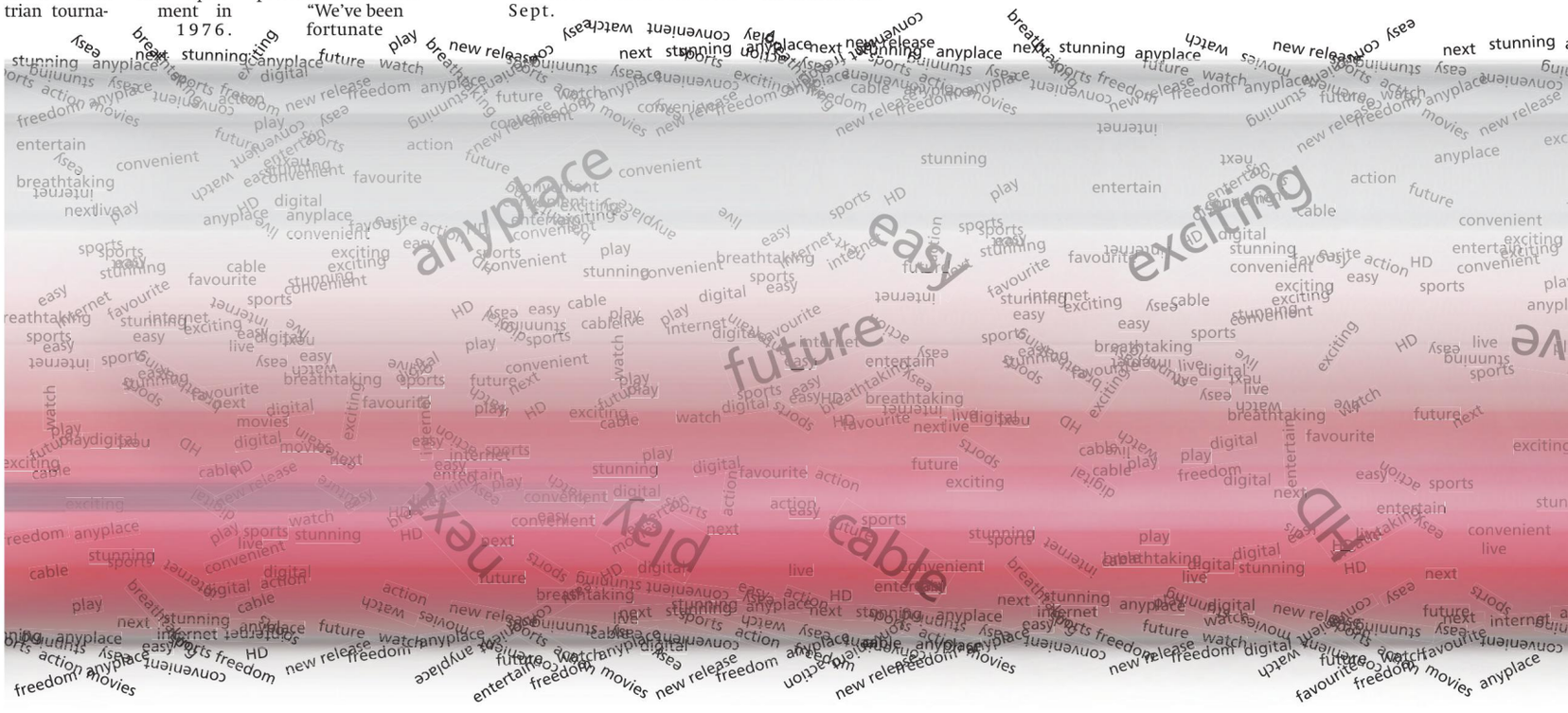
The Masters has a total purse amounts for the tournament amount to over $2 million.

On a year that the centennial of the Calgary Stampede drew more than 1.4 million visitors, Spruce Meadows is continuing to hold its own.

Spruce Meadows hosts about 300 events not directly related to show jumping, including convention events, trade shows and the annual International Christmas Market.

THE CANADIAN PRESS

Spruce Meadows is the centre of Canadian show-jumping. FLICKR: WILSON HUI



Squam Lakes look even better in person

Squam Lakes are nestled in New Hampshire's mountains. FLICKR: MJMKEATING

Setting for On Golden Pond. Thirty years after the popular film, travellers are still discovering the beauty of New Hampshire

It's been more than 30 years since the movie On Golden Pond revealed the natural beauty of New Hampshire's Squam Lakes to a worldwide audience. Truth is, it's even more wonderful in real life.

Boating

Squam Lakes comprises Little and Big Squam, which are dotted by a number of islands and coves providing sanctuary for those famous loons and other wildlife, including bald eagles.

Canoe and kayak rentals are available at the Squam Lakes Association (www.squamlakes.org).

Or relax on the Squam Lakes Science Center (www.nhnature.org) cruise and get the dish on making the movie, too.

Walking

Though it gets a little touristy, the view from Rattlesnake Mountain (www.nhdfl.org) is spectacular. There are woodland trails at The Loon Center (www.loon.org), whose gift shop is packed with cute stuff you never knew you needed.

Stay

The Inn on Golden Pond (www.innongoldenpond.com) was built in 1879, originally as a private home, and is set on 50 acres of beautiful undeveloped woodland.

It's very spacious, with a dining room, sitting room, TV room and an office with a computer. Free Wi-Fi is available throughout. You can even eat a home-cooked breakfast with hummingbirds fluttering by the window.

The Manor on Golden Pond (www.manorongoldenpond.com) was built as a private mansion and is now a genteel resort with eclectic guest rooms — everything from bohemian boudoir to rugged rustic — tennis courts, an outdoor pool and peaceful Seasons spa — perfect for a little "me time."

Dining, Drinking

Don't miss the Inn Kitchen + Bar at The Squam Lake Inn (www.squamlakeinn.com) whose unbelievably delicious goodies are seasonal locavore. The wines are boutique. Apart from being in an 1890s New Hampshire inn, the restaurant wouldn't be out of place in Sideways. Don't miss: A stack of portobellos sandwiched with tangy goat cheese, parmesan-crusted baked haddock with melt-in-the-mouth polenta and frozen key lime pie.

The quaint Corner House Inn (www.cornerhouseinn.com) has an upstairs bar packed with stuffed animals and bric-a-brac. The funky Common Man (www.thecman.com) has exposed post and beam from trees that probably grew before the Revolutionary War. An upstairs lounge and outdoor deck offer nightlife options.

THE ASSOCIATED PRESS

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Skip tired barbecue toppings and finish your steak with chimichurri sauce

Steak with Chimichurri Sauce

This recipe serves four. THE CANADIAN PRESS H/O

Excellent cuts of barbecued beef suit Canadians' summer lifestyle to a T — simple, great-tasting food grilled to perfection. In this rendition, chimichurri sauce is used.

Ingredients

Grilled Steak
- 4 beef tenderloin grilling steaks (each 180 g/6 oz) or your favourite cut of grilling beef
- Salt and pepper, to taste
- 1 pkg (200 g) on-the-vine cherry tomatoes or 375 ml (1 1/2 cups) cherry tomatoes

Chimichurri Sauce
- 250 ml (1 cup) chopped fresh parsley
- 125 ml (1/2 cup) each chopped fresh coriander and mint
- 2 cloves garlic, chopped
- 2 ml (1/2 tsp) ground cumin
- 1 ml (1/4 tsp) salt
- Generous pinch cayenne pepper
- 45 ml (3 tbsp) red wine vinegar
- 150 ml (2/3 cup) olive oil

1. In a food processor, combine parsley, coriander, mint, garlic, cumin, salt and cayenne; pulse until garlic is minced. Add vinegar and mix. Gradually add oil, mixing until thoroughly combined. (Chimichurri can be made up to 1 day in advance. Cover and refrigerate until ready to use or freeze for up to 1 month.)

2. Generously season beef with salt and pepper. Place on greased grill over medium-high heat; close cover and grill for 4 to 6 minutes per side for medium-rare.

3. Meanwhile, if not using vine tomatoes, thread cherry tomatoes on small skewers (if using wooden skewers, soak for about 20 minutes first). Place tomatoes on grill and cook for last few minutes of grilling, just until warmed through. Serve with steak.

4. Drizzle each steak with 30 ml (2 tbsp) chimichurri. Serve remaining chimichurri sauce on the side.

FOODLAND ONTARIO/ THE CANADIAN PRESS

Drink of the Week

Sip Brazil's sweet Caipirinha cocktail

Caipirinha, considered Brazil's national cocktail, is a celebrated beverage. Make a variation with watermelon for the perfect party sip.

- 1 lime
- 5 quarter-sized slices ginger
- 10 ml (2 tsp) sugar
- 6 chopped mint leaves
- 60 ml (2 oz) watermelon puree
- 60 ml (2 oz) cachaca
- 30 ml (1 oz) grenadine
- Ice

Muddle lime, ginger, sugar and mint and transfer to a cocktail shaker. Add watermelon puree, grenadine, cachaca and ice. Shake. Pour into a glass and serve.

THE CANADIAN PRESS/ WATERMELON.ORG

Becoming an office Olympian

Work to win. Channel the athlete's outlook in every day life

LEAH RUEHLICKE
TalentEgg.ca

Wonder worker: Everyone (even this guy) has a hero inside them waiting to hatch. ISTOCK

As London is alive with athletes embracing the Olympic motto and going faster, higher and stronger, the work force is alive with employees practicing these same strategies for success.

Workplace competition is inescapable these days, what with interns fighting for that one available position, and everyone and their brother hoping for a promotion. Donovan Bailey is a pro at going for the gold. You can be too – and you can do it in the most professional and appropriate way possible.

Recognize the importance of training

Every week you should be analyzing your performance. Did you meet your targets? Where and why did you fall short? Evaluating your performance and taking steps to improve — whether it be embarking upon further training courses or practicing some basic strategies — is going to help you become the strongest employee you can be.

Overcome obstacles

Every athlete has to learn how to pick themselves up after a setback. That high jump bar you just can't clear? The hurdle you keep knocking over? Athletes need to keep their eye on the prize in order to keep going when the going gets tough.

Similarly, we face obstacles in the workplace as well. Not getting the promotion you wanted. Being rejected from a job you thought you had in the bag. Keeping your eyes on your ultimate goal and focusing your attention on what steps you can take to get there will help you find yourself on the workplace podium sooner rather than later.

Push yourself

Preparing for the Olympics is an insane time commitment. You eat, sleep and breathe Olympic training. Therefore, maintaining focus and working towards constant improvement is your key to success. At work, it is easy to fall victim to doing the bare minimum and settling into where you are instead of working towards where you could be. Pushing yourself to work harder and surpass expectations is where you are going to find your career success.

Stick to friendly competition

Rivalry between co-workers who are fighting for the same positions can get heated as they fall under the pressure of trying to prove themselves. Standing out is one thing. Doing it maliciously is quite another. Although it's natural to want to win, remember that you are on a team. Do your best, but not at the expense of others.

Be a lover not a fighter

Nothing says Canadian pride like your whole house crowding around the TV and cheering on our Olympians. Not only that, but the athletes who are competing are just as supportive of each other and just as eager to cheer each other on. At work, embrace the idea of being a team and supporting your peers. Rooting for others will encourage them to do the same for you (and make them want to work more closely with you!)

Water world

H2O is your new best friend

- A healthy athlete is a hydrated athlete. A healthy employee is one who drinks lots of water in order to keep their mind fresh. Simple as that.

Go for the gold

"Keeping your eyes on your ultimate goal and focusing your attention on what steps you can take to get there will help you find yourself on the workplace podium sooner rather than later."
Leah Ruehlicke

LEAH RUEHLICKE IS A MARKETING/EDITORIAL ASSISTANT AT TALENTEGG, AND A RECENT CULTURAL STUDIES AND ENGLISH GRADUATE FROM TRENT UNIVERSITY. TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

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Tweeting tragedy turns into lesson

Dreams dashed. Olympian's story of social slip-up important for all hires to hear

ISHANI NATH
TalentEgg.ca

Don't forget that the words you type are connected to your mouth. ISTOCK

After years of training and preparation, it took less than 140 characters to dash Greek track athlete Voula Papachristou's Olympic dreams.

The young triple-jump champion was booted from the London 2012 Summer Olympic Games roster after she posted a tasteless tweet about Africans and the West Nile virus, sparking an uproar on social media.

While only a select few get to be professional athletes and partake in the Olympics, this situation speaks to an issue that is common among all of us: social media can have serious repercussions for your career — a lesson that Papachristou is now learning the hard way.

To be sure that you don't have to endure the same lesson, Robert Half Division Director Chris Brady has some tips and advice for job seekers and young professionals using social media.

Remember your audience

"Your social profile when you're in college or university can be very different than what it should be when you're out in the workforce," says Brady. When you're posting on social media, it's important to remember that you're not on campus anymore. What you post, tweet and upload is available to a much wider network of people than just your immediate network of friends. The web is much larger than that. Current and prospective employers are in that mix.

Be aware of the impression that you make online, he says. Even though LinkedIn is the 'Facebook of business,' companies can still lurk around your other social networks to get a sense of who you are.

Amp up your security

If you've racked up years of unflattering party photos or awkward high school banter that you'd rather your current or future boss not see, the easiest solution is to adjust your privacy settings.

Each social media site has help features to explain how to share without sharing with the wrong people. Keeping your social networks private is a quick way to manage your online brand if you don't have time to professionalize your accounts.

Pause before you post

When you have a great tweet or status update, it can be tempting to get it out to the cyber sphere as quickly as possible. But stop a moment and think. This message is potentially going out to more than just your network of friends so you better make sure that it is what you want to say. Check your spelling, check your grammar and, above all, check your content.

Brady says, if you're posting something that employers could find, ask yourself: "Would I stand up in a conference room and make that comment?" If the answer is no, such as in the case of Papachristou's tweet, then don't hit send.

Though you can delete posts off your feed or account, you can never fully erase them. "The information that you put out there once you hit that button is out there for good," says Brady.

ISHANI NATH IS AN ASPIRING WRITER WHO IS LEARNING THE COMPLEXITIES OF THE CRAFT IN RYERSON UNIVERSITY'S MASTER OF JOURNALISM PROGRAM.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Stay on top of tweets

Manage your brand

- Outside of maintaining a professional persona with the content that you're putting out, it's also important to keep tabs on what others are posting about you. You may not be posting photos from last night's party, but if your friends are, then employers can still find them.
- Monitoring your online presence shouldn't just be a priority when you're on the job hunt, says Brady, it needs to be an ongoing activity. Keep track of what you're saying online and what other people are saying about you to avoid any uncomfortable discussions with current and future employers.

Keep yourself in check

"Check your spelling, check your grammar and, above all, check your content."
Ishani Nath

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Ultrasound is a growing field with excellent employment prospects and a great salary ($68,000 - $86,000 per year). At schools across Canada, hundreds of applicants are turned away every year so grab this unique opportunity to enter the program this September!

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NFL

Ryan lays down law at Jets practice

Rex Ryan ordered his players to cut out all the nonsense.

When the New York Jets ignored their coach, it was time to run. And run some more.

A day after a 20-player throwdown highlighted a chippy practice, Ryan made his players run a series of sprints Tuesday as punishment for a few minor scuffles on the field. THE ASSOCIATED PRESS

Rex Ryan. GETTY IMAGES FILE

NFL

First female official 'a little nervous' and plenty excited

The NFL's first female official is welcoming her role as a sports pioneer.

Shannon Eastin says she's excited and a bit nervous but not at all intimidated by the challenge of working a pro game. Eastin makes her debut Thursday as the line judge when the Green Bay Packers play San Diego in the pre-season opener.

"I want to encourage women: Don't be afraid," Eastin said on a conference call Tuesday. "Pursue and have dreams. This is my dream. With very step I hope to show it really doesn't matter if you are male or female." THE ASSOCIATED PRESS

Golf

"Things have progressed, but still, not winning a major championship doesn't feel very good."

Tiger Woods, who will get his last chance to win a major in 2012 at this week's PGA championship.

Dancevic's renaissance won't begin in Toronto

Tennis. Former No. 65-seed Canadian falls in first-round at Rogers Cup

Frank Dancevic has had better days at the Rogers Cup.

Only five years ago, he reached the quarter-finals.

But Mikhail Kukushkin of Kazakhstan defeated Dancevic 6-3, 7-5 in a first-round Rogers Cup match on Tuesday.

Kukushkin, 24, ranked 69th in the world, will play Richard Gasquet of France in Round 2.

Dancevic, 27, a native of Niagara Falls, Ont., is trying to resurrect a career that had him ranked 65th in the world at one stage. He entered the Rogers Cup as a wild card, ranked 123.

"I've had a pretty rough year this year battling injuries and stuff," he said after Tuesday's match. "My confidence this year started getting better last week. I started playing really well and I made the semifinals in Vancouver."

But as well as he played last week, it was a different story on Tuesday.

"Arriving here late and adjusting, I found it a little difficult and I felt like I was struggling out there today finding my timing," he said.

After dropping the first set, he was competitive in the second until Kukushkin broke his service to go ahead 6-5.

"Physically I feel good," Dancevic said. "My back is good, knock on wood. The last three tournaments I've played I haven't felt any pain or anything serious."

Things weren't so good this year before that.

"When I was playing well ... I felt like my confidence just skyrocketed," he said. "Then, bam, I was out three months, it happened so suddenly. I just like popped ligaments and I was out. It kind of scared me.

"Coming back and starting to train again was really difficult.... I was very tentative, very afraid of what was going to happen if I would get hurt again and be out again." THE CANADIAN PRESS

Pospisil finished

On Tuesday afternoon, Juan Monaco of Argentina defeated Vasek Pospisil of Vancouver 7-5, 6-4.

- It was a quick turnaround for the 22-year-old Pospisil, who beat Italy's Andreas Seppi on Monday night in a third-set tiebreaker.

Frank Dancevic leaves the court after his loss in Toronto on Tuesday.
AARON VINCENT ELKAIM/THE CANADIAN PRESS

In Montreal

Rest not an option for Azarenka

It's been a hectic time for Victoria Azarenka, but it has not kept the world's top-ranked women's tennis player away from the women's Rogers Cup.

Azarenka arrived in Montreal on Tuesday from the London Olympics, where she won bronze in singles and then gold in mixed doubles with Belarus compatriot Max Mirnyi.

"It's not easy to regroup mentally because you want to celebrate a bit, but you have no time," Azarenka said Tuesday. "But I'm happy to be here." THE CANADIAN PRESS

Victoria Azarenka in Montreal on Tuesday. GETTY IMAGES

4 SPORTS

Mobile sports

Punctures. Broken saddles. Shoe issues. The Olympics is not the place for a cyclist to have a mechanical malfunction. Some problems can't be anticipated. But for the rest, the Canadian track cycling team has veteran mechanic Sandy MacDonald. Scan the code for the story.

Derek Drouin wraps himself in the Canadian flag as he celebrates his bronze in the men's high jump on Tuesday at Olympic Stadium in London.
SEAN KILPATRICK/THE CANADIAN PRESS

Drouin overcame injury to leap to an Olympic bronze

High jump. Three-time NCAA champion wins Canada's first medal in high jump since 1976

Quoted

"Basically my goal was just to get through the season and get to the Olympics."

Derek Drouin, bronze-medal winner in the men's high jump, who had surgery to secure his foot with screws and then was sidelined for eight months.

A year ago at this time, Derek Drouin was barely walking, let alone leaping.

The 22-year-old from Corunna, Ont., had suffered a lisfranc fracture, a gruesome foot injury that has ended the careers of countless athletes, and one that his doctor warned may keep him off Canada's Olympic team.

Certainly no one watching Tuesday night would have guessed that as he captured bronze in the men's high jump, Canada's first track and field medal at the London Olympics and its first in the event since Greg Joy's silver at the 1976 Montreal Games.

"That was the amazing thing," said his coach Joel Skinner, a high school teacher in Sarnia. "He struggled with it, got over it, was determined, came back from it. He has come back from this lisfranc fracture to win an Olympic medal and a lot of people need to know about that because it's just an amazing feat."

Drouin finished in a three-way tie with Britain's Robert Grabarz and Qatar's Mutaz Essa Barshim. All three cleared 2.29 metres without any misses then missed three attempts at 2.33 metres.

Ivan Ukhov of Russia won the gold with a jump of 2.38 metres while American Erik Kynard took silver with 2.33.

Mike Mason of Nanoose Bay, B.C., was eighth with 2.29, narrowly missing on one of his attempts at 2.33 metres that would have put him in the medals.

Drouin, a three-time NCAA champion, suffered the injury in March 2011 when he planted his right takeoff foot an odd way. The mid-foot injury results when the metatarsal bones are displaced.

"My doctor made it very clear that if I was going to qualify (for London) it was going to be very, very tight. The rehab was extensive, it was very long," Drouin said.

THE CANADIAN PRESS

Diving. Despatie 11th in fourth and final Olympics

Ilya Zakharov of Russia scored 104.50 points on his last dive to win the three-metre springboard at the London Olympics, spoiling China's bid to sweep all eight diving events.

Zakharov totalled 555.90 points in the six-round final Tuesday night. Qin Kai of China took the lead into the last round, but he settled for silver at 541.75.

He Chong, the defending champion and Qin's teammate, earned the bronze at 524.15.

Alexandre Despatie of Laval, Que., finished 11th in his final Olympics.

"My objective this year was to compete at my fourth Olympics," said the 27-year-old, who suffered a serious injury in training in June. "I had a lot of roadblocks on the way and I pushed myself to the limit to get there.

Alexandre Despatie performs in the men's three-metre diving final in London. THE CANADIAN PRESS

"It was the most taxing year of my life and just to be here was something special to me. I was lucky to be here in the first place." THE ASSOCIATED PRESS/THE CANADIAN PRESS

Synchronized swimming

Russians reprove dominance in duet

Natalia Ishchenko and Svetlana Romashina extended Russia's domination of synchronized swimming with an Olympic gold medal in duet on Tuesday.

The Russians improved on their free score from the prelims, finishing with a total of 197.100 points. They haven't lost an Olympic synchro event since the 1996 Atlanta Games.

The only real drama was for silver, which went to Spain's Ona Carbonell and Andrea Fuentes with 192.900 after a lively, Tango-themed routine that had the crowd at the Aquatics Centre clapping along nearly the whole way.

China's Huang Xuechen and Liu Ou finished third with 192.870.

THE ASSOCIATED PRESS

Wednesday's 3 to watch

1 Equestrian

Defending champion Eric Lamaze, of Schomberg, Ont., pictured, and 10-time Olympian Ian Millar, of Perth, Ont., will represent Canada in the individual jumping event.
Time: 9:55 a.m.
Channel: TSN

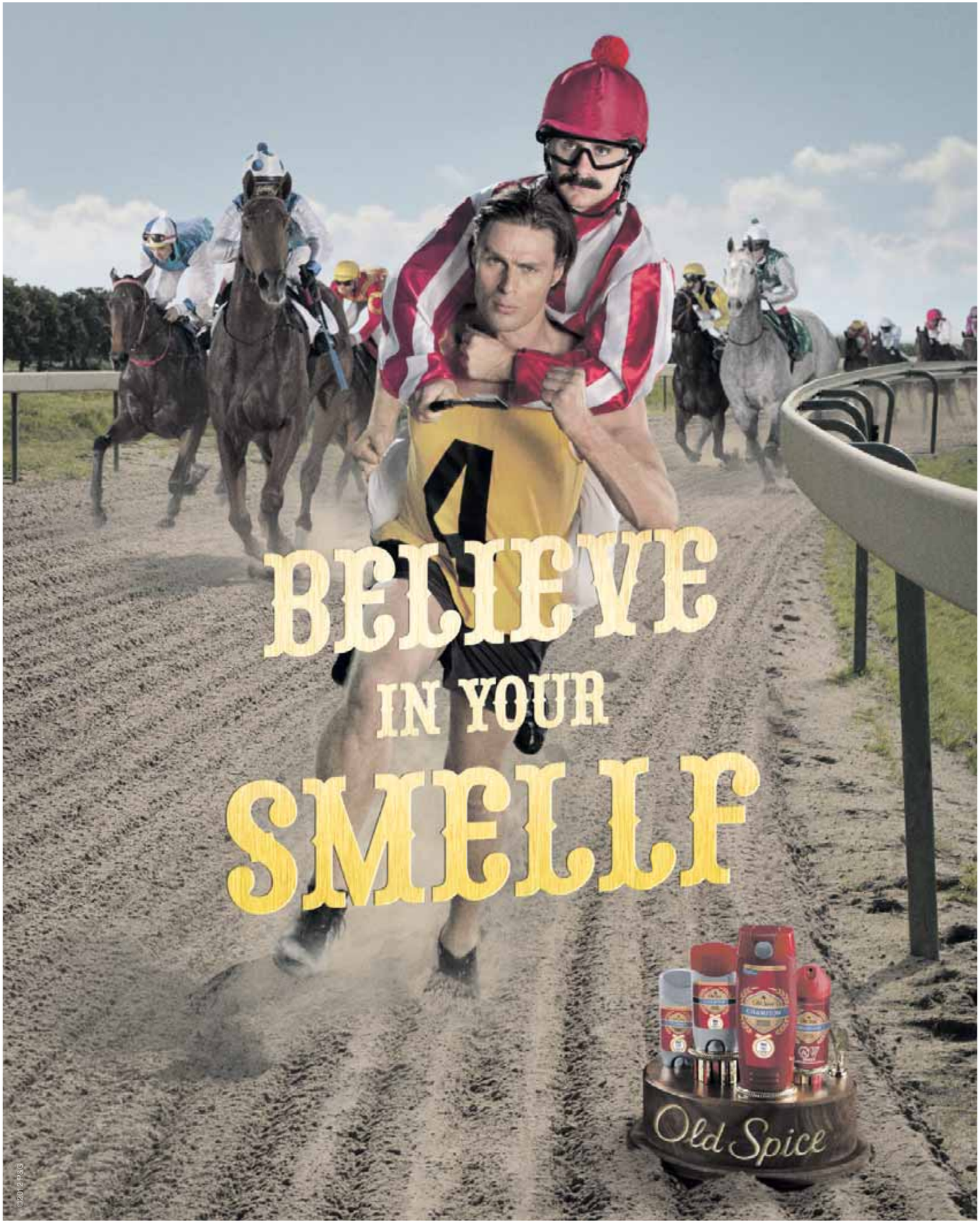
2 Women's beach volleyball

It's an all-American final.

Kerri Walsh Jennings and Misty May-Treanor will face April Ross and Jennifer Kessy, pictured, for the gold medal.
Time: 4 p.m.
Channel: TSN

3 Women's wrestling

Hazelton, B.C.'s Carol Huynh returns to the Olympic mat to try to defend her gold medal from the 2008 Beijing Games in the 48-kg weight class. Huynh is one of Canada's best chances for a medal on Wednesday.
Time: 8:20 a.m.
Channel: Sportsnet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Boxing

Clayton narrowly loses in quarters

Custio Clayton gave Canadian boxing a shot in the arm early in the Olympic men's welterweight tournament.

He came within a few punches of doing much more than that Tuesday night at ExCel South Arena 2.

With a semifinal appearance and a guaranteed medal on the line, Clayton fought European champion Freddie Evans to an even 14-14 score but the Brit won on a countback to advance.

Custio Clayton
GETTY IMAGES

The countback is used to break scoring ties. Officials count the number of punches thrown in the fight and the boxer with the higher total wins. The final punch statistics aren't normally released.

The Canadian team filed a protest later in the evening but it was rejected by the International Amateur Boxing Association, according to the team's media attache. The Canadian team said in the failed appeal that Evans should have been given a warning after receiving a third caution for the same foul.

A warning gives two additional points to the opponent. The venue's media manager said officials planned to review the video, but there was no immediate word on when a decision would be announced.

THE CANADIAN PRESS

Whitfield bows out of race after crash on bike

Triathlon. Former gold medallist fails to finish competition in what could be his last Olympic appearance

Canada's Simon Whitfield talks to reporters after crashing in the men's triathlon on Tuesday.
SEAN KILPATRICK/THE CANADIAN PRESS

Simon Whitfield intended to throw a final haymaker in his fourth Olympic triathlon. He didn't get beyond cocking his fist.

Within seconds of getting onto his bike, the 37-year-old crashed spectacularly in a freak accident Tuesday at the London Games and couldn't continue.

Whitfield watched Britain's Alistair Brownlee win gold from the medical tent while he received stitches in his toe and treatment for other assorted hurts.

The Olympic champion of 2000 and silver medallist of 2008 may have been a medal longshot in London, but he'd invested heavily in one last go at the podium.

Whitfield's chin dropped to his chest while speaking of the time away from wife Jennie and their two young daughters Pippa Katherine and Evelyn.

When he met with his family under the grandstand, he said five-year-old Pippa Katherine had a bouquet of maple leaves for him.

"My breakdown moment was seeing my wife because I know how much Jennie puts into this and we're a team and she's put in so much sacrifice being at home a lot alone," Whitfield said. "It was hard to see my daughter upset, my wife upset and I was pretty upset. That means it means something doesn't it?"

Spaniard Javier Gomez earned silver and Brownlee's younger brother Jonathan took bronze. It wasn't a banner day for the Canadian team. Kyle Jones of Oakville, Ont., was disappointed in his 25th-place finish. Victoria's Brent McMahon was 27th.

Whitfield came out of the 1.5-kilometre swim in the Serpentine in 15th. He hadn't even got his bare feet into his shoes when he lost control of his bike coming off a speed bump.

His bike wheels skidding sideways, the front wheel of competitor Leonardo Chacun made contact with the back of Whitfield's bike. The Costa Rican was dashed against the pavement while Whitfield careened towards the metal crowd barrier to his left, eventually falling as well with his bike cartwheeling in front of him. THE CANADIAN PRESS

Quoted

"I don't know that I ever dreamed of four Olympics, two medals and flag-bearer."

Canadian triathlete Simon Whitfield looking back at his career

Twitter response

"Devastated for Simon. Witnessed first hand his incredible work ethic and commitment. He was so ready for this race. #hero"

Paula Findlay, the teammate Whitfield strongly defended on Twitter after her disappointing finish at the women's triathlon, was one of the first to react to Whitfield's own failure.

"When I was in middle school and ran cross country, I would always pretend I was @simonwhitfield at the end. He's a hero to so many"

Canadian Olympic swimmer Julia Wilkinson, showing her admiration for Whitfield's inspirational career.

"When it was announced that @simonwhitfield had withdrawn the whole crowd sighed for him. He is so well respected"

Three-time Olympic champion rower Marnie McBean.

Day 11 results

MEDAL STANDINGS

200 of 302 total medal events

Nation	G	S	B	Tot
China	34	21	18	73
United States	30	19	21	70
Britain	22	13	13	48
Russia	10	18	20	48
Japan	2	13	14	29
France	8	9	11	28
Germany	6	14	7	27
Australia	4	12	9	25
South Korea	12	5	6	23
Italy	7	6	4	17
Netherlands	5	3	6	14
Canada	**1**	**3**	**7**	**11**
Hungary	4	2	3	9
New Zealand	3	1	5	9
Ukraine	3	0	6	9
Romania	2	5	2	9
Iran	4	3	1	8
Belarus	3	2	3	8
Denmark	2	4	2	8
Brazil	2	1	5	8
Poland	2	1	5	8
Kazakhstan	6	0	1	7
Cuba	3	3	1	7
Sweden	1	3	3	7
Spain	1	4	1	6
North Korea	4	0	1	5
Czech Republic	1	3	1	5
Kenya	1	2	2	5
Mexico	0	3	2	5
South Africa	3	1	0	4
Jamaica	2	1	1	4
Ethiopia	2	0	2	4
Slovenia	1	1	2	4
Colombia	0	3	1	4
Slovakia	0	1	3	4
Croatia	2	1	0	3
Georgia	1	1	1	3
Armenia	0	1	2	3
Azerbaijan	0	1	2	3
Belgium	0	1	2	3
India	0	1	2	3
Dominican Republic	1	1	0	2
Switzerland	1	1	0	2
Lithuania	1	0	1	2
Egypt	0	2	0	2
Estonia	0	1	1	2
Indonesia	0	1	1	2
Mongolia	0	1	1	2
Norway	0	1	1	2
Serbia	0	1	1	2

WHAT CANADA DID

Tuesday at the 2012 London Olympics

ATHLETICS

Men's 200m — First Round Qualifying — Aaron Brown, Toronto, finished third in heat two qualified with a time of 20.55. Tremaine Harris, Markham, Ont., finished fifth in heat five and qualified with a time of 20.70. Jared Connaughton, New Haven, P.E.I., finished third in heat seven and qualified with a time of 20.72.

Men's 800m — Semifinals — Geoffrey Harris, Halifax, finished seventh in heat three and failed to qualify with a time of 1:46.14.

Men's High Jump — final — Derek Drouin, Corunna, Ont., won a bronze medal (2.29). Michael Mason, Nanoose Bay, B.C., finished eighth.

Women's 200m — Semifinals — Crystal Emmanuel, Toronto, finished seventh in heat three with a time of 23.28 and failed to qualify.

Women's 100 Hurdles — Semifinals — Nikkita Holder, Pickering, Ont.. finished sixth in heat one with a time of 12.93 and failed to qualify. Finals — Phylicia George, Markham, Ont., finished in sixth with a time of 12.65 and Jessica Zelinka, Calgary, finished in seventh with a time of 12.69.

Women's 5000m — First Round Qualifying — Sheila Reid, Canada, finished in 15th in heat two and failed to qualify with a time of 15:27.41.

Women's Javelin — Qualifying — Elizabeth Gleadle, Canada, (60.26), 197-8, finished sixth in group one and qualified.

BASKETBALL

Women's quarterfinal — Canada was defeated 91-48 in their quarterfinal game against the U.S. Kim Smith, Mission, B.C., scored 13 points, while Chelsea Aubry, Kitchener, Ont., added 10.

BOXING

Men's Welter (69kg) — Custio Clayton of Dartmouth, N.S., lost his quarter-final match to Freddie Evans of Great Britain. The result was 14-14, but Evans won on a countback.

CANOE/KAYAK

Women's Kayak Singles 500 — Semifinals — Emilie Fournel, Lachine, Que., finished sixth in heat one and failed to qualify with a time of 1:54.120.

CYCLING (TRACK)

Women's Omnium — Final Ranking — Tara Whitten, Edmonton, finished fourth with (7; 3; 8; 3; 6; 10) 37 points.

DIVING

Men's 3m Springboard — Alexandre Despatie, Laval, Que., finished in 11th with a combined score of 413.35. Francois Imbeau-Dulac, St-Lazare, Que., finished 13th in the semifinal with a combined score of 440.20 and failed to qualify for the final.

EQUESTRIAN

Individual Dressage — Ashley Holzer, Toronto, finished 24th place with a score of 71.

SAILING

Men's Windsurfer — Zac Plavsic, Vancouver, finished eighth (100).

Women's Windsurfer — Nikola Girke, West Vancouver, B.C., finished 10th (109).

Men's 470 — Mike Leigh, Vancouver, and Luke Ramsay, Vancouver, were 25th (179).

SYNCHRONIZED SWIMMING

Duet — Marie-Pier Boudreau Gagnon, Riviere-du-Loup, Que., and Elise Marcotte, Quebec City, finished in fourth with a two-day combined total of 189.20.

TRIATHLON

Men — Kyle Jones, Oakville, Ont., finished 25th with a time of 1:49:58. Brent McMahon, Victoria, finished in 27th with a time of 1:50:03 and Simon Whitfield, Victoria, did not finish the race.

SOCCER

MEN

SEMIFINALS
Tuesday, Aug. 7
At Wembley, England
Mexico 3, Japan 1
At Manchester, England
Brazil 3, South Korea 0
BRONZE MEDAL MATCH
Friday, Aug. 10
At Cardiff, Wales
Japan vs. South Korea, 2:45 p.m.
GOLD MEDAL MATCH
Saturday, Aug. 11
At Wembley, England
Mexico vs. Brazil, 10 a.m.

BASKETBALL

WOMEN

Tuesday, Aug. 7
Quarterfinals
Australia 75, China 60
United States 91, **Canada 48**
Russia 66, Turkey 63
France vs. Czech Republic
At North Greenwich Arena
Thursday, Aug. 9
Semifinals
Australia vs. United States, Noon
Russia vs. France-Czech Republic winner, 4 p.m.
Saturday, Aug. 11
Bronze medal, Noon
Gold medal, 4 p.m.

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2012 Ram 1500 Crew Cab Laramie shown.§

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2012 Ram 1500 Regular Cab SLT 4x2 shown.§

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RamTruck.ca/Offers

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GUTS · GLORY RAM

Wise customers read the fine print: •, *, †, §, The 2012 Hurry Up to Trade Up Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after August 1, 2012. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. •$19,995 Purchase Price applies to 2012 Ram 1500 Regular Cab ST 4x2 (22A+AGR) only and includes $7,500 Consumer Cash Discount. $24,995 Purchase Price applies to 2012 Ram 1500 Quad Cab SXT 4x4 (23A+AGR) only and includes $9,750 Consumer Cash Discount. See participating retailers for complete details. Pricing includes freight ($1,400–$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. *Consumer Cash Discounts are offered on select 2012 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. †4.79% purchase financing for up to 96 months available on the 2012 Ram 1500 Quad Cab SXT 4x4 (23A+AGR) model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2012 Ram 1500 Quad Cab SXT 4x4 (23A+AGR) with a Purchase Price of $24,995 (including applicable Consumer Cash Discount) financed at 4.79% over 96 months with $0 down payment, equals 208 bi-weekly payments of $145 with a cost of borrowing of $5,143 and a total obligation of $30,138.40. Pricing includes freight ($1,400–$1,595) air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. §2012 Ram 1500 Crew Cab Laramie shown. Price including applicable Consumer Cash Discount: $37,195. 2012 Ram 1500 Regular Cab SLT 4x2 shown. Price including applicable Consumer Cash Discount: $25,445. Pricing includes freight ($1,400–$1,595) air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. See bottom of the ad for range of potential retailer fees. Retailer order/trade may be necessary. Retailer may sell for less. ≠Based on October 2010 – November 2011 Canadian industry survey of light-duty pickup truck owners trading in their pickup for a new pickup truck. ♦Longevity based on entire Ram pickup lineup compared to competitive pickups. Based on R. L. Polk Canada Inc. Canadian vehicles in operation data as of July 1, 2010 for model years 1988–2011. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. ‡5-star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). ◊Based on 2012 EnerGuide full-size truck V8 to V6 fuel economy comparison. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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Meet Ford's new Prius fighter

ALL PHOTOS WHEELBASE

Spacious

The level of cargo space in the C-MAX is about equal to that of the Toyota Prius v, but offers nearly one-third more room than its chief rival with the rear seat folded flat.

As you would expect from its shape, the interior offers adult-sized head, knee and legroom.

2013 Ford C-MAX

- **Type.** Four-door, front-wheel-drive hatchback hybrid.
- **Engines (hp):** 2.0-litre DOHC four-cylinder and electric motor (188).
- **Mileage:** L/100 km (city/hwy) 4.2/4.6 (base, est.).
- **Base Price (incl. destination):** $27,500 (est.).

Dashboard

What will really impact buyers is the flight-deck-style dashboard and control panel that would look at home in the Starship Enterprise.

The gauge pod boasts a brake coach that helps drivers maximize the regenerative braking system to help keep the lithium-ion batteries topped up.

Powertrain

Driving efficiency is a certainty with the C-MAX and C-MAX Energi plug-in hybrid powertrains, both of which will be available in the 2013 Ford Fusion sedan.

The gasoline component is a 2.0-litre four-cylinder that produces 141 horsepower. It works in tandem with a 106-horsepower (estimated) electric motor.

Ford projects a net system output of 188 horsepower, which is 54 horsepower more than the competing Prius v.

Power is directed to the front wheels by a continuously variable transmission (CVT). Even with the extra power, Ford expects the C-Max to achieve a better fuel economy rating than the Prius v.

Review. A hybrid with economy, power, room and a good starting price? You bet

MALCOLM GUNN
Wheelbase Media

When you think "hybrid," images of green fields, fluffy white bunnies and the Toyota Prius likely dance around in your in head. The Prius has spent most of its life in a category of one, but a decade of success has also made it a sitting duck for companies such as Ford.

But is the new 2013 C-MAX wagon a real Prius fighter where it counts, in terms of fuel consumption? Yes, if you compare it to the least thrifty Prius v, that is. Put head-to-head against the Prius v, it has about the same interior room and quite a bit more power.

The C-MAX arrives this fall as Ford's first dedicated hybrid brand, although it's based on the automaker's compact Focus architecture and has the same distance between the front and rear wheels and overall length as that model. But the C-MAX is more than 10 centimetres wider and 15 centimetres taller, making it ideal for hauling people and their gear.

At an anticipated $27,500, including destination charges (which is slightly less than the Prius v's base starting price) the base C-MAX SE comes with dual-zone climate control, 17-inch alloy wheels and seven airbags. The SEL adds leather seats (heated in front), 10-way power driver's seat, rain-sensing wipers and satellite radio. On the option list is a hands-free back-up parking assist and a power liftgate that opens and closes by shaking your foot beneath the bumper.

Hybrids are becoming more opulent. Leather is on the menu.

There should be no shortage of converts to the C-MAX Hybrid's way of life, with its easy-on-the-eyes appearance, practical nature and easy-on-the-wallet fueling intervals.

On the Web

Kathy Ullyott has always loved cars. So when Bridgestone Americas invited her on a two-day learn-to-race course, she jumped on it. Scan this code or visit metronews.ca/drive

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Shea Holbrook's got the need for speed

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

Racecar driver Shea Holbrook didn't grow up in a household locked into any type of car culture orbit. And not until five years or so ago did she even pine for any of the pavement pursuits.

Until then, her prime passion was being dragged around a lake by a boat, an activity sometimes called "competitive water skiing."

So what happened? Why did she trade her skis for a helmet and a fire-retardant racing suit?

Why is there currently a race-prepped 2012 Honda Civic Si HFP with her name on it, and currently sitting in third place in her class (Touring Car) on the SCAA World Challenge Pro Racing circuit?

When she was 16, Holbrook and her father decided to take in the Richard Petty Experience, where NASCAR fans get behind the wheel of a race car for a day. After that she switched gears, so to speak.

"I'm a huge adrenaline junkie," says Holbrook, adding that car racing gives her what she needs, and is unlike anything else out there when it comes to adrenaline production.

"When I put my racing suit on, I have to calm myself down. It's all about the thrill."

We're chatting under a temporary tent at the Niagara Drive Centre, which is more or less the back runways of the Niagara International Airport.

Holbrook is here to take journalists out for a ride in her race-prepped Civic, as part of a press event for the new Civic Si HFP. The Florida native's race car is campaigned by Toronto-based Compass 360Racing.

It's easy to see why Honda Canada, SCCA racing, her team and her sponsors are eager for her to meet the media. She's a well-spoken, engaging ambassador for her racing partners, for racing in general, and for her gender.

Competitive race car driver Shea Holbrook is ranked third in her class. MIKE GOETZ/METRO

She knows she's getting attention for being a young female in a male-dominated sport, but she also completely understands that attention and/or gender won't make her car go any faster.

"The cool thing about car racing is that the car doesn't know the gender of the driver, or how tall or how short they are," she said.

"It's one of the few sports where women and men can go head to head. It comes down to who is smarter, who is more talented, who has the experience, who is more determined, who is one with the race car."

And she's more than willing to pay her dues.

"I like the fight. A lot of people say (female drivers) have to overcome all these obstacles and struggles. I don't like it when people say they're in a struggle. If it's your passion you don't really look at it like a struggle. Everyone has obstacles to overcome, to get to where you want to be."

She says that success in motorsports is particularly hard to come by, so a little extra obstacle to overcome here and there along your career might actually be useful — to harden and sharpen the resolve.

For more on Shea's racing adventures check out shearacing.com.

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Don't get ripped off: Know your local repair shop

Driving force.

Your best line of defense when something goes wrong

JILL MCINTOSH
drive@metronews.ca

Cars are more complex than they've ever been, especially when they need repair. That can be a concern, especially for older drivers who may worry about overcharging or unnecessary repairs.

Finding and sticking with a good shop is your best defense, says Pam Oakes, an auto technician and owner of Pam's Motor City Automotive in Fort Myers, Fla. "Use word of mouth," she says. "Ask your friends, ask your coworkers, ask your family where they go."

When you first visit a shop, especially if it hasn't been recommended by someone you know, start small. "Get your oil changed and see how they handle that," says Oakes.

"See if they give you a 'grocery list' of problems, and if they do, get a second opinion at another shop. When you're walking in the door, see if it's clean or not, and how the staff are behind the desk. Look at the customers, if they're agitated or fidgeting, or if they're just quietly enjoying a cup of coffee. They should look relaxed, not stressed."

Use word of mouth to find an auto repair shop and start with a small job. ISTOCK

The shop should be able to tell you why something needs to be done, and then should explain it to you. "We do 'show-and-tell' all the time," says Oakes. "If you need brakes, we'll show you what the brake pads look like and how it will affect the vehicle if you do the work or not." Once you've found a shop, you should further get to know the person who's working on your car, Oakes says.

So why do some shops find so many problems? Oakes says it's because some set quotas or pay their service writers commission for the work they bring in. It might also be an inexperienced technician's error.

What to do

- If your car makes a strange sound or does something odd, describe it to the shop. Don't try to diagnose the problem yourself.
- Beware of shops advertising very low prices. There may be extra fees or labour charges buried in the fine print.
- Ask to go on the road test with the technician so you can point out the sound or problem that you're experiencing.

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Miscellaneous

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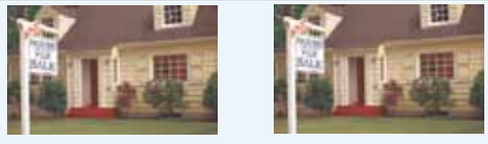

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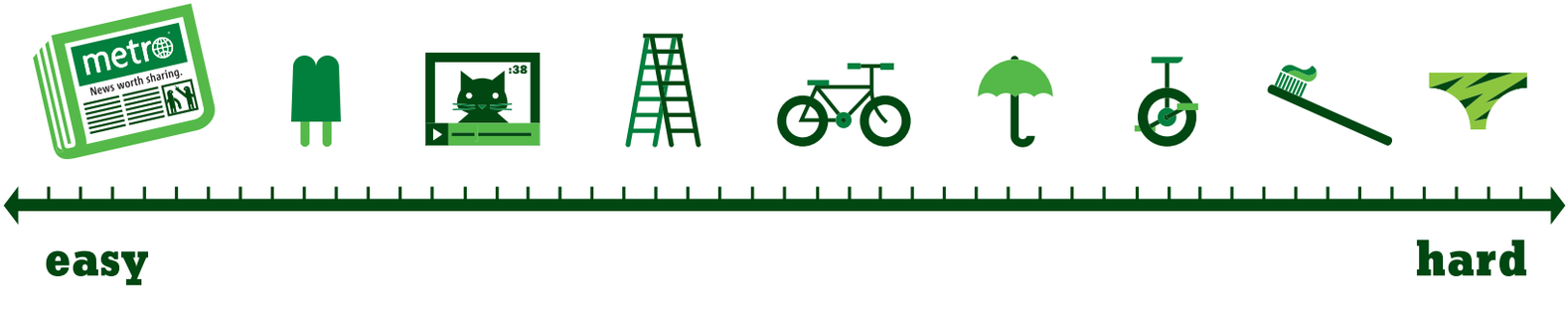

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Horoscopes

♈ Aries
March 21 - April 20
You must put a fight behind you and join forces with someone whose help you are going to need in the weeks to come. If you have to meet certain challenges alone, you might not succeed.

♉ Taurus
April 21 - May 21
You may think you can get away with anything, but that is not an excuse to do as you please at other people's expense. Think ahead to how your actions might affect your long-term reputation.

♊ Gemini
May 22 - June 21
The more of an effort you make now, the more opportunities will come your way in the near future. With Mercury, your ruler, moving in your favour again, now is the time to make plans. The bigger the plans, the better.

♋ Cancer
June 22 - July 23
Today's cosmic picture makes it easy for you to make new alliances. You may think you don't need other people but you do, more than you realize. Besides, there is a joy to working with others that solitary effort can't match.

♌ Leo
July 24 - Aug. 23
You seem to have gotten your mind stuck in a groove and are finding it hard to move on. What you most need now is a change of attitude. Look at your life from a wider perspective.

♍ Virgo
Aug. 24 - Sept. 23
Everyone is singing your praises at the moment but you don't seem to have much confidence in yourself. However, now that your ruling planet Mercury is moving direct again you will soon rediscover your self-belief.

♎ Libra
Sept. 24 - Oct. 23
You may not want to say what you have to say but you must say it anyway. Does that make sense? Okay, put it this way: if you don't speak truth to power you'll be the one who loses money. Got it?

♏ Scorpio
Oct. 24 - Nov. 22
An old idea will get you thinking along new and profitable lines over the next 24 hours. It may be an idea that has been used many times before but your twist on it could make you a million!

♐ Sagittarius
Nov. 23 - Dec. 21
Stop feeling sorry for yourself and start thinking about how you can make the best of the opportunities you've been given. They are all around you if you take the trouble to look. Life is full of possibilities.

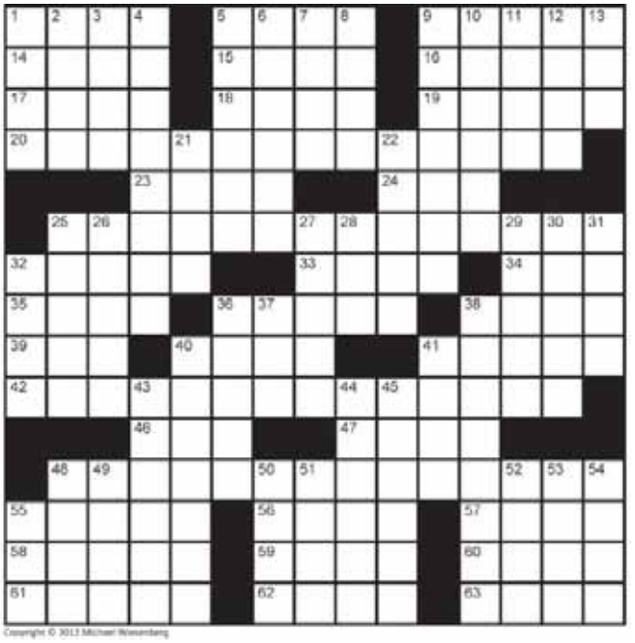
♑ Capricorn
Dec. 22 - Jan. 20
Make sure that you are the one who profits from your ideas. Mercury, planet of the mind, will give you plenty of insights but it is what you do with them that matters. Action is essential.

♒ Aquarius
Jan. 21 - Feb. 19
If you are having second thoughts about an agreement of some kind, you can probably get out of it today. There will be a price to be paid, of course, but it will be worth it. Reclaim your freedom.

♓ Pisces
Feb. 20 - March 20
The whole world seems to be singing your praises and it's quite right that you feel proud about what you have achieved. But don't lose sight of the fact that it's only a beginning. Everything is up for grabs. **SALLY BROMPTON**

Crossword: TV Star, Water, Royalty, and a PM

BY MICHAEL WIESENBERG



Across
1. ___ to riches
5. One of many on a computer desktop
9. Crop associated with Saskatchewan
14. "What are you, some kind of ___?" (2 wds)
15. Fashioned
16. Our world
17. Break suddenly
18. Great Lake
19. Actress Dickinson (*Police Woman, Rio Bravo, Ocean's 11, Dressed to Kill*)
20. BC-born *Baywatch* babe (2 wds)
23. Backpacker's shelter
24. Fib
25. Second-largest body of water in NT, and deepest in North America (3 wds)
32. Male swine
33. Wallet fillers
34. Confound
35. Murders
36. "___ all, folks!": cartoon signoff
38. ___ et Chandon champagne
39. Bumpkin
40. Born and ___
41. Grassy yards
42. Queen Victoria's fourth daughter, after whom three places were named, a lake, a village, and the province itself (2 wds)
46. Golfer Ernie called "The Big Easy"
47. Persia, now
48. 12th PM, 1948-1957 (3 wds)
55. 9:50, say (2 wds)
56. Cold-weather wear
57. Margarine
58. One ___ chance: odds are 9:1 against (2 wds)
59. Formerly
60. Got off
61. British Isles wastelands
62. ___ *of the D'Urbervilles*: 1891 Thomas Hardy novel upon which was based 1979 Roman Polanski film whose title was simply the girl's name
63. Broad lowland

Down
1. Frog-in-the-throat sound
2. Canadian-born actress Paquin
3. American territory in the Pacific
4. Vatican City basilica (2 wds)
5. "That's not what ___": "I may have misspoken" (2 wds)
6. Diamond weights
7. Thor's dad
8. Require
9. Becomes fatigued
10. —— and Gretel
11. Therefore
12. Has ___ ear: is tone-deaf (2 wds)
13. Kermit ___ Frog
21. Meadows
22. Santa's helpers
25. Really succeed (2 wds)
26. One-named Egyptian-born Canadian singer-songwriter of children's music
27. Cargo quantities
28. Picnic pest
29. Swears
30. Nancy Drew creator Carolyn
31. Many business phone nos.
32. Betty of old cartoons
36. Hair amount
37. "___ a real nowhere man": Beatles lyric (2 wds)
38. Much-traveled thoroughfare (2 wds)
40. Vancouver CFL team (2 wds)
41. Hawaiian feast
43. Grammar gender
44. Shrubs with lavender blooms
45. Speechifies
48. Late-night TV host Jay
49. "Hold ___ your hat!"
50. Stevenson or Burns
51. Vocal sound
52. Jazz singer Fitzgerald
53. Winnipeg-born Young called "Godfather of Grunge"
54. Lug
55. ___ Horton's

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Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7					2		1	
			3	9			4	
	6		1					7
	9	1		8				
4			5		6			8
				7		3	5	
3					4		2	
	8			3	9			
	7		2					6

Yesterday's Sudoku

6	8	5	7	3	4	2	9	1
7	1	2	5	9	6	8	4	3
3	4	9	8	1	2	5	7	6
5	6	3	4	2	8	9	1	7
8	2	1	6	7	9	3	5	4
4	9	7	3	5	1	6	8	2
2	5	9	9	4	7	1	3	8
9	7	8	1	6	3	4	2	5
1	3	4	2	8	5	7	6	9

Today 29°/16° Thundershowers 60%
Thursday 25°/15° Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
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GLS model shown

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